

SPORTS & RECREATION

NOVEMBER 5, 2009

6/8 Cav slams 1/76 FA 30-6 to take flag football championship



Staff Sgt. Tanya Polk

Sergeant First Class Raymond Barger, Headquarters and Headquarters Troop, 6/8 Cav., rushes toward the goal line during the 2009 Fort Stewart Intramural Football Championship game, Oct. 29.

Staff Sgt. Tanya Polk
4th IBCT Public Affairs

It was a battle amongst two Vanguard Brigade teams, but in the end there could only be one winner of this year's Fort Stewart Intramural Football Championship game held at the Sports Complex, Oct. 29. Taking home the winning trophy was the Mustangs of the 6th Squadron, 8th Cavalry Regiment, 4th Infantry Brigade Combat Team, who finished

their 12-3 season with a 30-6 victory over the 1st Battalion, 76th Field Artillery Regiment Patriots. "We set out at the beginning of the year to win the championship game," said 1st Sgt. Christopher Williams, Mustang head coach and Troop B first sergeant. "All of these guys have heart." The first sergeant said his team won despite few practice sessions due to military training, including Cavalry Stakes and the Spur Ride.

"Every time they came out to play, they gave it their all," he said, adding that support from dedicated fans aided their win. Victory, however, is nothing new for 1st Sgt. Williams. He coached the 3rd Battalion, 7th Infantry Regiment champs in 2007, prior to the last deployment. He said his new team looks forward to another championship in the upcoming intramural basketball season. "It's been a great week," said Sgt.

Kenneth Oku, who helped the Mustangs win just hours before he finished first in the Expert Infantryman Badge 12-mile road march. "And this is like icing on the cake." The Mustangs will take on Hunter Army Airfield's 603rd Aviation Support Battalion in an installation championship game later this month. For more information about intramural league play, contact the Fort Stewart Sports Office at 767-8238.

First Swing teaches golf to the disabled

Bob Mathews
FMWR Marketing Publicity Specialist

Golf professionals, occupational therapists and others will gather at Hunter Golf Club on Nov. 16-17 to be taught how to encourage and instruct persons with a disability to learn – or re-learn – the game of golf. The First Swing Seminar/Workshop will be held from 8 a.m. to 4 p.m., Nov. 16, and will be



Tim Hipps, FMWR Public Affairs

National Amputee Golf Association Founder and President Bob Wilson, a double below-the-knee amputee, demonstrates an iron shot during a First Swing golf clinic for wounded warriors on the driving range at Admiral Baker Golf Course in San Diego.

followed the next day with a Learn to Golf Clinic from 8:30 a.m. until 4 p.m., Nov. 17. Tommie McArthur, Director of Golf for Fort Stewart-Hunter Army Airfield, said golf professionals and therapists will learn what it is like to be a golfer with a disability and to adapt swing-teaching methods to the physical restrictions of their pupils. "On the first day, they are going to hit golf balls like a person with a disability," McArthur said. "They will hit off of one leg. They will hit with one arm. They will hit off of the SoloRider carts, so they can understand exactly what a disability golfer goes through." SoloRider golf carts are specially designed for individuals with mobility impairments. One SoloRider cart is available at the Hunter Golf Club and one is available at Taylors Creek Golf Course at Fort Stewart. A total of about 20 golfing professionals and occupational therapists have registered for the two-day event, for which there is no charge. National Amputee Golfers Association members will serve as instructors. McArthur said the golf professionals will learn how to adjust their instruction to the golfer's physical restrictions. The physical and occupational therapists will learn additional techniques and exercise methods. "You don't have to be a golfer just to stretch the muscles and utilize different muscles," McArthur said. "These techniques are going to be taught and learned." On Learn to Golf clinic day, the golf pros and therapists will use newly acquired skills to instruct physically challenged persons from the Warrior Transition Unit and participants from the Exceptional Family Member Program. The event, it is hoped, will reach both former golfers with physical challenges and those persons with a disability who want to take up golf.

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5K Turkey Trot Fun Run/Walk

Veterans Appreciation Day

10:30 a.m., Saturday



Tominac Fitness Center Hunter Army Airfield

Honor our veterans by participating in the Veterans Appreciation 5K Turkey Trot Fun Run/Walk. Children and jogging strollers will be allowed on the course. Participants are encouraged to display their patriotism at the event. Check-in and race day registration is from 9-10:30 a.m. Pre-registration ends today. Awards will be presented to the top overall male and female finisher and the top three finishers in each age category. A getaway to Jekyll Island's Oceanside Inn

and Suites will be given to the event's most patriotic participant. T-shirts will be presented to all registered runners. Pre-registration fees are \$15 for all military ID cardholders and \$20 for all others. Race day registration fees are \$20 for all military ID cardholders and \$25 for all others. Participants may pre-register at Hunter's Tominac Fitness Center, or the Fort Stewart Leisure Activities Center, building 443, or online at www.active.com. Call 315-2019 for more information.

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"Some with physical challenges may think they can't play golf anymore," McArthur said. "But that is not true. And, on the other side, there are

some who may never have picked up a club before and have a physical restriction or disability. This will give them an opportunity to play golf."

After launching a pilot program at Fort Carson, Colo., the Family and Morale, Welfare and Recreation Command joined forces with the United States Golf Association and NAGA to open the 2009 First Swing campaign at the Navy's Admiral Baker Golf Course in San Diego, Feb. 2-3. The program is designed to encourage wounded warriors to return to an active lifestyle as soon as they are capable by assisting them in adapting their golf game to compensate for their injuries.

In April at Fort Bragg, N.C., PGA Professional McArthur underwent two days of training to learn how to instruct the physically challenged in golf. He had worked with persons with disabilities before his most recent training.

McArthur said he came away with a greater knowledge of the technological improvements in prosthetics and how those improvements can help the physically challenged. "It broadened my understanding of how prosthetics that are specially designed for golf move and the prosthetics' ability to give you movement," he said. That knowledge helps him to instruct physically challenged golfers.

The training also heightened his understanding of what the physically challenged go through, he said.

"They want to be treated just like anybody else," McArthur said. "And with the specialized equipment, such as the prosthetics and the SoloRider cart, it has given them the opportunity to do the things they have always wanted to do or do the things that non-disabled persons can do."



Tim Hipps, FMWR Public Affairs

First Swing instructor Marty Ebel demonstrates how to drive a golf ball from a specialized cart during a golf clinic for wounded warriors on the driving range at Admiral Baker Golf Course in San Diego.

MWR offers events for veterans

Golf special for veterans

Taylor's Creek Golf Course and the Hunter Golf Club are extending a special golf invitation to our veterans and retirees at Fort Stewart and Hunter Army Airfield in November. Every Monday-Thursday after 11 a.m., Taylor's Creek Golf Course & Hunter Golf Club staff invite veterans and retirees to play at a special rate, the "All U Care to Play" offer, just \$25 includes greens fee and golf car fee. To sign up for tee time and for more information, call 767-2370 at Fort Stewart or 315-9115 at Hunter.

Veteran Bowling

Stewart Lanes Bowling Center, building 450, will host a veterans bowling day from 11:30 a.m. to 9 p.m., Nov. 11. Corkan staff honors veterans with \$1.75 per game and free shoe rental. For more information, call 767-4273.

Georgia State Annual Seniors Bowling Tournament

*Handicap Doubles and Singles Event
now through Sunday
Marne Lanes*

*For more information,
call Fort Stewart's Marne
Lanes (912) 767-4866.
Participants must be a
USBC member and 55
years or older.*

TIME OUT! Sports are what the doctor ordered

Sports commentary by Jennifer Hartwig
Fort Stewart Public Affairs

Sports are games - athletic competition that force us to test our limits. Sports aren't life-or-death; they aren't even that meaningful, really. But sometimes, things happen that cause sports to take on greater meaning. Sometimes, sports can be just what the metaphorical doctor ordered

Sports bring a smile to our faces, they bring together strangers, and they unite communities. In times of hardship, people often come together to cheer for an athlete or team. In sports, we can forget about our lives for a few hours, forget about the pain of our Soldiers being gone for a year, the debt we are in, or any of a number of other negative things that may be going on in our lives.

For two hours every Saturday or Sunday, we are taken to a different world, where red and black are the only acceptable colors, and all that matters is that the Bulldogs beat the Gators.

There are times when sports become more than just competition; they unite, they help us begin to heal, and, most importantly, they make us smile.

I just finished reading an article on ESPN.com about University of Miami walk-on wide receiver Chris Hayes, whose father committed suicide last October. Hayes had never even dressed for a game, but the Saturday following his father's untimely death, the special teams coach told Hayes he was suiting up. And during the last play of the game, the 5'9" Hayes lined up as tight end against an All-American linebacker.

Hayes had no impact on that game; in fact, he has little impact on his team ever - in the win-loss column, anyway. But on that particular day, he showed his team made up of future NFLers what real heart is, and what sports really mean. Hayes didn't have to show up to the game only days after burying his father. Quite frankly, most people probably didn't expect him to. But for Hayes, I'd have to think that going to the game was a way to start the healing

process. Through a game, Hayes showed the heart of a champion, and that sometimes sports can help us overcome immense pain.

Every year on ESPN, they have the Make-a-Wish series, where sick children fulfill their sports fantasies by spending the day with their favorite athlete or team. By the end of each of the three-minute segments, I am undoubtedly in tears and remembering why it is that I love sports so much. It's because they can heal, even if it's just for a moment.

There are small towns in America that have little to cheer for besides those games under the Friday night lights, when the entire community rallies around a group of 15-18 year old boys.

Even at the worst point in our lives, sports can pick us up; they give us something to look forward to, and something to cheer for. Whether it's cheering up a kid who is battling illness, helping a man get over the loss of his father, or bringing together a down-and-out community, sports do mean something.

Local youth excel at TKD championships



Philip Konz

Josh Bones (right) takes on his opponent at the 2009 Liberty Taekwondo Championship held at Shuman Recreation Center, Hinesville, Ga., Oct. 24.

Philip Konz
Child, Youth and School Services

The warriors inspected their battle gear as they pulled it from their duffle bags; ensuring each piece was ready for the conflict ahead. While sliding on their arm and leg shields, they knew with confidence they would be protected. As they checked the fitting of their body armor, they rehearsed their battle plans in their minds. A sense of preparedness came across them as they donned their helmets. They knew there was no more time to practice, no more time to train; it was time to put their skills to the test. Standing tall as a warrior should, they were indeed ready to engage their opponents; they were prepared for battle. And this year's battlefield was the 2009 Liberty Taekwondo Championships held at Shuman Recreation Center, Hinesville, Ga.

Three area martial arts schools combined forces to defend the honor of the Hinesville/Fort Stewart Community at the 2009 Liberty Taekwondo Championships, Oct. 24.

Students from the Fort Stewart Youth Services Taekwondo class, Hinesville's World Martial Arts Academy and the Liberty County Recreation Division's Sports Taekwondo Team came together to engage in battle against competitors from across the southeastern United States. Each martial artist came to demonstrate his or her skills while vying for the top honors in the forms

and sparring competitions.

Throughout the entire tournament, it was quite clear that the Hinesville-Fort Stewart Community was very well represented by the area's coalition of outstanding martial artists. Although, this year's opposition was the fiercest yet, the community's athletes still carried away an impressive array of 1st, 2nd and 3rd place medals and trophies. Each one of the area's team members performed in a spectacular manner. However, the real trophy was the pride, determination, and honor all of the competitors demonstrated both on and off the mat.

Master Rafael Medina, the tournament director, explained that martial arts competitions are set up to allow students, young and old, to use their knowledge and skills in a fair and controlled environment. And although earning a medal or trophy is a goal, the true prize is the knowledge and experiences a competitor gains from the other martial artists at the tournament. Master Medina said he was extremely pleased with the level of sportsmanship and professionalism each and every competitor and coach demonstrated throughout the entire event. Master Medina said he was honored to have hosted the 2009 Liberty Taekwondo Championships in Hinesville, was happy with the support the Hinesville-Fort Stewart Community provided, and is now looking forward to next year's event.